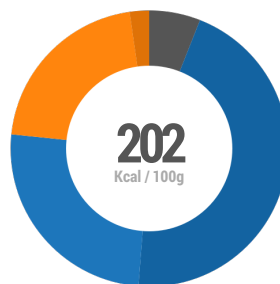


Pancakes with Pink Grapefruit, Warm Maple Syrup, Pecans & Dates

Three American style pancakes served with pink grapefruit slices, non-dairy yoghurt, warmed maple syrup, pecans and dates

Overview ...



CALORIES:
70.7% Carbs
6% Protein
23.4% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



PECANS



SOYA

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS



PEANUTS



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
136364 Crepe Cuisine American Style Vegan Pancake..	120g	3x Each
8796 Brakes Pecan Nut halves.. - BRAKES	15g	
100535 Brakes Pure Canadian Maple Syrup.. - BRAKES	30g	
118561 Alpro Plain Yoghurt Alternative 500g.. - BRAKES	10g	
106066 Tate & Lyle Fairtrade Icing Sugar 1kg.. - BRAKES	5g	
10287 Pink Grapefruit.. - BRAKES	60g	
113882 Premium Large Mint Bunch.. - BRAKES	0.5g	
102656 Micro Red Basil..	0.5g	
100211 Brakes Pitted Dates.. - BRAKES	20g	

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **261g** / **535kcal**

1

Cooking Instructions & Notes

Mis en Place / Prep:

- Brakes Vegan American Pancake - Defrost
- Pink Grapefruit - Peel and thickly slice
- Brakes Pitted Dates - Roughly chop
- Premium Large Mint Bunch - Pick

Method:

- Dust the slices of grapefruit with the icing sugar
- Place the grapefruit onto a tray and gently caramelize under a hot grill
- Mix the pecans and dates together in a pan with the maple syrup
- Put the pancakes into a microwave & heat on high power for 30 secs
- Warm the maple syrup, pecans and dates in a pan over a medium heat
- Place the pancakes onto your chosen dish
- Spoon the maple syrup, date and pecan mix over the pancakes
- Arrange the grapefruit onto the pancakes
- Place the yoghurt onto the centre of the pancakes
- Garnish with the mint and red basil